

Emotional Intelligence Guide

Emotion	Source	Solution	Transformed
Fear Excitement, Doubt, Indecision, Worry, Confusion, Overwhelm, Anxiety, Panic, Terror	Threat Danger	Survival Safety Security Stability	Relaxation Peace Confidence Fearlessness
Desire Longing, Yearning, Craving, Obsession, Addiction (and opposites: Aversion, Repulsion)	Needs Wants	Gratification Satisfaction Enjoyment Contentment	Joy Fulfillment Serenity Desirelessness
Anger Bothered, Irritation, Frustration, Blame, Resentment, Fury, Rage	Harm Over-Powered Loss of Control Dis-Respect	Protection Determination Control Management	Empowerment Honor Grace
Depression Boredom, Discouragement, Desperation, Despair, Despondency, Apathy, Helplessness, Hopelessness	Dysfunction Need for Change Exhausted Resources	Surrender Release Renewal Revitalization	Willingness Optimism Hope
Grief Sadness, Sorrow, Loneliness	Loss Longing Change	Letting Go What Was Embracing What Is Completion Appreciation	Love Reverence Wholeness Self-Actualization
Guilt Regret, Remorse	Mistakes Lessons to Learn Conflicted Values Confused Ethics	Values Examination Truth-Telling Taking Responsibility Forgiveness	Integrity Trust Innocence Neutrality
Shame Embarrassment, Humiliation, Perfectionism, Disgust, Not- Enoughness, Self-Loathing	Abuse - Neglect Rejection Abandonment Low Self-Worth	Acceptance Loving-Kindness Compassion	Self-Love Tolerance Transcendence